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# LIVING IN HARMONY

HOW A BACKSTAGE CHAT BETWEEN MICHAEL FRANTI  
AND SASKATCHEWAN NURSE SARA AGAH LED TO  
FRIENDSHIP, LOVE AND THE DESIRE TO HELP OTHERS  
**P. 6**

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Model Michael Healy and Sophie-Anne Soay Agha met at the Riviera Film Festival in 2008. The couple recently founded the Do It For the Love Foundation. QC photo by Brian Schlosser

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The Soop family (clockwise from top) Just, Brandon, Logan and Shelby pose at Winona Centre, their favourite place in Regina. QC photo by MICHAEL BILLO

### CORRECTION

Information was incorrect in the Oct. 16 City News story "How seriously is Regina taking tooth?" Section does not prohibit used batteries or car seats. QC regrets the error.

### QC COVER PHOTO BY BRYAN SCHLOSSER

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# IN THE CITY

# OCTOBER 20, 2013 — 4:46 P.M.

**Just chillin'**



Sarah Pelen and Jon Alford, walk near the University of Regina the day before the Queen's Cup's first snow of the season. QC PHOTO BY ANDREW BELL.

## YOUR FAVOURITE PLACE

Where do you like to spend time in Regina? Email [QC@leaderpost.com](mailto:QC@leaderpost.com)

## # MY FAVOURITE PLACE

## A romance born in Wascana

By Ashley Martin

Nut long after Joel Sopp moved to Regina, he discovered his favourite spot in the city — and his future wife.

Joel and Shelley Sopp met in January 1988 while they were both working at Northgate Mall. They began dating and, when the weather got nice, they discovered a favourite spot on the north side of the lake. It was a destination for the 10 years they lived in the city.

Then, through the family — Joel, Shelley and their two sons, Brodwin, 16 and Logan, 9 — moved to Redvers in 2003, then Shaunaville in 2011. This area of Wascana Park remains dear to the couple. It's where they fell in love.

**Q: How did you find this special spot?**

**A:** I lived in Gleditsia Park, which is right across the street. Shelley lived on Smith Street in a bachelor's suite just north towards downtown. We decided to go for a walk one day with a blanket and a picnic and we found this hill, it's just north of the playground on the north side of Wascana (Lake) and a little bit east of the pencho. It's just a nice rolling hill.

We had a little picnic and then spent the afternoon just holding each other in the sun, watching the clouds go by. We fell asleep together and it was our perfect place. Ever since then, whenever we needed some time just to get away from all the business and whatnot — even with all the people jogging, riding their bikes, walking their dogs down below on the path — it seemed like that little spot was just for us and no one else ever used it. It was our place to get away from the world.

I would say from '88 to about 2003 we went consistently. Then once we had a second child, it was a little harder to manage a four-year-old and a brand new baby and relax in the sun and watch clouds because your attention's split. We spent a lot of



Joel Sopp, Shelley and Brodwin Sopp (from left) pose in their favourite spot in Wascana Park where the couple fell in love in 1988. Logan is in the foreground.

time in the playground behind the spot but we never really got a chance to go back.

**Q: How you made a special trip over there?**

**A:** We've done it before on our anniversary even though it's October, it's a little bit chilly, just remembering those first times when we love was just starting to flourish and getting to know and understand each other and fall in love. There's just something about lying together

and looking into each other's eyes that kind of makes everything else not matter.

**Q: Do you have any special memories from that place?**

**A:** Shelley and I are very spontaneous people. So after church one day on a Sunday we were walking through South End Mall in Walmart of all places. We were talking about how awesome the day was and how much we loved each other and how we could use each other spending

our lives together, so I got assigned dropped down on one knee in the ladies' department in Walmart and proposed to my wife.

First she had inside since clothes because she was embarrassed. Then she came out of the clothing rack and actually said yes she would and we went to our special place in Wascana Park. The guys' to just a few yards away and you could hear the music playing and all the people building around but it seemed like it was just Shelley and I that moment.

It was a cover band. Shelley loves the Eagles and all that kind of older music, the Stones and I know it was something she was really into and copying but I don't like the life of me remember (the music). I was too too focused with staring into her eyes.

I would like to say I got engaged on that spot, give it that much more sentiment, but it was the fact where we went to reflect on the decision we made together to spend the rest of our lives together and that commitment.

# ON THE COVER

I realized that we live our life in the same way ... Michael inspires me to be a better person. — Sara Agah

# SARA AGAH AND MICHAEL FRANTI

## Romance has a rock-solid foundation



Rockers Michael Franti met his girlfriend Sara Agah at the Reggae Folk Festival in 2008. They started the Go It For the Love Foundation this summer. GP PHOTO BY BRIAN SCHULTE

By Andrew Matto  
and Jenn Sharp

The power might have gone out during the Reggae Folk Festival of 2008, but there was plenty of electricity later that night when a discussion swirling shade of met a rock star she'd never heard of.

Sara Agah assumed festival headliner Michael Franti was being a virginal musician when he invited her group of friends backstage after the concert. But her introduction to the Californian known for his anti-war messages and positive, hip-hop-tragedy music led to an exchange of emails and online video chats that

developed into a three-year platonic relationship.

Today the socially conscious couple is two years into a full-blown romance and talking marriage.

"I found myself coming to her during times when it wasn't just for fun," said Franti, 47, before a recent concert at the Consulate Arts Centre

in Regina.

"When I had times in my life that were difficult, I'd call her. And the same thing with her. When something was hard for her, she was reaching out to me," adds Franti, who is 40 and known for going barefoot in public.

"That is when we realized we had

a relationship that was bigger than a partnership."

Agah made Franti her perfect partner because he shares her passion for philanthropy, which led to the creation of the Go It For the Love Foundation, which sends cruise fares to war-torn veterans, terminally ill, or disabled to concerts.

I asked her and her group to come backstage and that's when I realized that Sara was not just beautiful, she was also brilliant. I assumed we'd share a few emails and I thought maybe I found a new friend, but never thought more would come of it. — Michael Franzl

"I realized that we live our life in the same way. Michael assumes me to be a better person," said Agah, 28, siding concerns from her friends and family about dating a musician much older than herself are diffused after they meet him.

"I love him for the man he has become. I know he has kids and has been in relationships. I am not sure I would have fallen in love with him if I met him when he was 22."

\*\*\*\*\*

The weekend trip from downtown to Angeles had been a lurk. Franzl invited Agah to the Regus Park Festival where Franzl was a local performer. The August concert was thwarted by rain and a power outage, which prompted Franzl and his band to take turns on the stages to keep the music flowing during the unexpected pause.

With the power restored and concert complete, Franzl began a post-show session of talking to audience members and inviting a few backstage.

"I remember it was raining and Sara had on this big dark poncho raincoat. The first thing I asked her and her group to come backstage and that's when I realized that Sara was not just beautiful, she was also brilliant," Franzl said. "I assumed we'd share a few emails and I thought maybe I found a new friend, but never thought more would come of it."

Agah assumed the same.

"When he asked me backstage, I just rolled my eyes and thought, 'he's just another rock star.' But we talked and we became friends."

Nothing after that, the two shared texts and emails that usually included an invite or interesting message, one of the first signs that they had more in common than they realized.

"I remember he was in Europe and was still in nursing school and he would send me these encouraging messages throughout the night," she said.

Franzl increasingly enjoyed the friendship and support he received from Agah, even though she was in Southern California working as an emergency room nurse at UCLA University Hos-

pital while he was at home in San Francisco at the time.

Agah traveled to them after the earthquake in 2010 to help with relief efforts in Port-au-Prince's main hospital. The experience was eye-opening, she recalled, paralleling with HIV/AIDS, dengue fever and malaria, many of whom were dying in surgical and surgical temporary settlements. Franzl had to supply blankets and food, the beds were makeshift.

"I saw what really sick people look like, people who are not getting the care that they need."

Her biggest challenge upon returning to work in Skidmore was trying to connect to the people who complained about their work times or uncomfortable beds.

"I had to always remind myself that I can't maximize their discomfort. They're feeling what they're feeling because of their own experience."

As for Franzl, he said their common became stronger when they completed roles at the end of the day.

"She had this thing where she asked, 'When did you make that egg omelette today?' Before we went to bed every night, we'd ask each other whose life they made significant. She'd talk about a patient who shared a story or something like that or I'd talk about someone I had met at a show," said Franzl.

Their relationship became a romance in 2011 when Agah fulfilled a plan made years earlier to practice nursing in California. Both agree they're satisfied from having found to make the best of Internet chat during a long-distance relationship.

"It helped us understand each other on an intellectual level and an emotional level but not a physical level. So we had a chance to really get to know each other as friends and partners before we jumped into a relationship," said Franzl.

"No relationship is perfect and if anyone tells you theirs is, they're lying. But the biggest thing we do get to communicate. Making that effort makes a huge difference," said Agah.

Franzl said he was never attracted to the typical celebrity lifestyle.

Continued on page 8



Michael Franzl performs at the Skidmore Jazz Festival in June of 2012. GLENN PHOTO BY JACOB WILSON

It was one of those moments where we all just started crying because we were in awe of one another  
— Hope Denner

"Throughout my time as a musician, I've had girlfriends. But I have been a serial monogamy person. I'm not a garten every city kind of guy. It's just not important to me like having someone I share an important connection with," he said.

My relationship with Steve is the best relationship I've been in. It doesn't compare."

• • • • •

The relationship means Agah often lives like a rock star. She rides as a member of the band, so costume buses and valetters concert from the audience or beside the stage. She also speaks out about issues dear to her heart like women's rights. She and Prans were guest speakers at the inaugural Intercontinental Lesbian, Gay, Bisexual and Transgender (LGBT) event in Toronto, Ontario, South Africa this month.

However, she's still able to put in long hours at Steve's Las Vegas, the online business she started to sell T-shirts and her handmade jewelry. She donates part of the proceeds to Do It For the Love. It's a passion she says has taken

over her life.

"I always feel like I need to surround myself with things and people that remind myself of the person I want to be... Other work allows me to be the best version of myself."

Agah still takes occasional nursing shifts in Saskatchewan and California, but considers the life with Prans requires planning. Even though she joins him at least, she wasn't willing to give up her career.

"This is not a vacation. That is the biggest misconception," she said.

In recent months, Do It For the Love has taken up more of Agah's time.

The concept began after the couple met Steve and Hope Denner at the Western music festival in Florida this past April. Steve is in the advanced stages of ALS (Lou Gehrig's disease), an illness that affects and paralyzes the nervous system. He and his wife had been tweeting in Prans, saying this might be Steve's last concert and that he hoped to meet the rocker.

Prans welcomed the couple backstage where both he and Agah gave the couple a big hug and spent several hours together.



Much of Sam Agah's time is now devoted to Do It For the Love. JP: Hope Denner/Instagram

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I love what they're doing, being a voice for people that need it. I really appreciate people who use their power to help — Ryan Leier

"It was one of those moments where we all just started crying because we were in awe of one of our" remembered Hoge.

Franti shared their story with the crowd of 30,000 and brought them onstage during Life Is Better With You, a song he wrote for Agah. Hoge lifted Steve out of his wheelchair and held him there wasn't a dry eye in the house.

"It was the most amazing moment of our lives," said Hoge. "It was something I'll treasure forever."

\*\*\*\*\*

Speaking over the phone from their home not far from Atlanta, Ga., Hoge says it's been their mission to make sure people pay attention to ALS's effects. There is no known cure for the devastating disease. Steve is currently in the intensive care unit.



Steve and Hoge. Donorship earned Michael Franti and Gina Davis to start the Go 4 For Love Foundation. Photo: iStockphoto

The couple dated for six months, during which Hoge remembers Steve struggling with severe pain in his wrist. When Steve was diagnosed with ALS he was given two to five years, like told Hoge, who didn't have to slip with him.

"I was looking at him the whole time like he was crazy," said Hoge. He said "Well, if you do stay with me, will you marry me?" And of course, I said yes."

They married two months later, on Oct. 13, 2013.

"It was all very fast. But we didn't have a lot of time. We realized that."

Hoge has since quit her job to take care of Steve full time. They started the website Hope For Steve as a way to keep people updated on Steve's health and to spread awareness about ALS. The disease has no known cure. To date, Steve has received a small amount of disability covering roughly half his medical expenses. The couple relies on the kindness of others to get by.

"This is not an old man's disease," said Steve in an online video. "Obviously we've gotta find a treatment and we've gotta figure out a way to live

with ALS and keep on alive longer than two to five years."

When he's feeling well, Hoge says he's eager to have fun with her and to "make memories."

"I think the most important trick is to stay happy. You have to have something to live for and you're gonna want to live. So to keep a positive attitude about the worst prognosis you can have is very vital," he said later in the video.

Franti and Agah check in frequently with the Donors, sending regular updates back and forth. Witnessing how music can bring joy to people facing incredible adversity was a pivotal event for them.

"We want music that night and soul. What can we do to make this experience happen again and again and again for other people?" said Agah.

The foundation gives wounded war veterans, adults and children with a disability as termed them "two tickets and a smile" to any concert they wish to see in their city, along with meeting the artist if they choose.

"It's like a makeover with foundation for the senses," said Franti.

Go 4 For the Love has caught the attention of SoulStation, pop Ryan Leier. Through October, One Yoga's weekly karma class will donate all proceeds to the foundation. Leier says it was an easy decision to support Agah and Franti's new venture, ensuring them among his friends in SoulStation's yoga community. He's also in awe of the way Franti brings joy to people's lives and the way he gets people like Steve and Hoge, involved in his shows.

"I love what they're doing, being a voice for people who need it. I really appreciate people who use their power to help."

\*\*\*\*\*

Though their schedule has been too hectic to make plans, Franti and Agah say their future in children is wedding and a house in SoulStation.

"It's not really what I was waiting for or wanting. It's more about finding a window of time to do that," said Franti, who spent a year in SoulStation as a term as part of a school exchange. "I feel like I've been released into SoulStation. Ideally, I'd like to have a house there. I love SoulStation and I love Atlanta. I love seeing my country from the outside."

Agah wants to take time to plan a wedding rather than have a quick ceremony that she's hoping things will happen within five years.

"I want to be married and have kids."

As for the timing of a wedding, Franti may have planned the best at the Sept. 30 concert in Regina.

"I'd like to thank the City of Regina for having us on stage on Sept. 30. My story's from SoulStation," he pointed to the crowd.

"Maybe by the time we come back in play we will have taken things to the next level."



Gina Agah and Michael Franti sing to the crowd during a performance with SoulStation's Ryan Leier at the Go 4 For the Love Foundation. Photo: iStockphoto

## FASHION

What's your favourite style trend for fall?  
Email us at [QC@leaderpost.com](mailto:QC@leaderpost.com)

# REGINA FASHION

# Courtney Phillips: Patterned professional

By Ashley Martin

Courtney Phillips gets a little crazy with her clothing.

It's always been that way. As young as age five, Phillips would red her hair, select and design new looks.

I used to wear her maternity clothes, so I'd dig through her stuff and come out in these crazy outfits. She'd let me go like that to school, so my kindergarten teacher and my Grade 1 teacher were like, 'I'm always excited to see what Courtney's going to wear, because it was just out there,' said Phillips, who works as a lawyer for the provincial government.

Today she still embraces an eclectic sense of style, mixing and matching patterns, colours and textures to her heart's content.

Phillips' mother is a fashion influence; she loves to shop and frequently sends clothing and accessories to her daughter packed up on international trips.

"I love because it reminds me of her but it's also fun to wear, they're usually things I wouldn't normally get."

Like her mother, Phillips, who is visiting London, England, next month and was just in Whitehorse trying on fur hats and boater hats.

"I like to get different things, so I'm not wearing what everyone else is wearing."

She is not one to hold on to pieces either. If she hasn't worn something in the past, she's out of the house it goes. "I get tired of stuff so you just want to move it up... I think it's just my nature. In fashion that keeps me charged up and trying new things."



1. **NECKLACE** Given to her when she was with my sister, we both wear it and it's the first."

2. **TOP** Made in Montreal

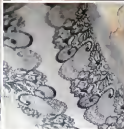
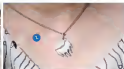
3. **JACKET** Heavy, heavy, from the 80s

4. **BRACELET** Gift from her mother. It's a bracelet that can fold in and out. I don't actually wear it, but I want to wear it and she would tell stories about it so that's why I'm wearing it out for me.

5. **SKIRT** Given to me by my mother

6. **TIGHTS** The Bay. I know I wanted to wear the tights today, so I kind of put them on that."

7. **BOOTS** from Montreal



# SPACES

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## # REGINA'S BEST SPACES

### Real beauty is on the inside

By Ashley Martin

**WHY?** Tracy Kondratuk and Brett Rugin

**WHAT/WHERE?** The main floor of their century-old home in Regina's Brandon Avenue neighbourhood

**WHEN?** The couple bought two years ago in a whim. Their basement suite had flooded and they needed to move. They had no intention of buying a place, but when they saw this house, they had to put in an offer.

**WHY?** "I think it's kind of the perfect story of doing a judge a look by the cover because from the outside it's just an average house, but from the inside it's just so cool," said Kondratuk.

It got even better once she spotted her decorative touch

**HOW?** The space is a mix of old and new vintage and modern, which suits the home — built in 1912. Too many antiques would make it feel like a museum.

Around the living room's black, white and tan loves, and the dining room's brickwork walls are accent pieces. Some she acquired from HomeSense or antique stores and others she made or refinished herself (like the painted pallet coffee table).

If you go into just a furniture store, it's really easy to buy the display model of everything, but then your home just starts to look like every other home on the block," said Kondratuk. She'd find rustic items in random places like at Rugin's grandmother's farm, and turn them into something beautiful. A wooden crate

and deer antlers from her father decorate the living room gallery.

"I've always liked vintage on-trend things I love going to the antique mall in Regina and just browsing around seeing what it's worth to say, but I kind of get a kick from finding old junk and antiques and stuff where other people think it's just junk and a waste of time."

The space has a wealth of design to boot, with the dining room, which was inspired by Carrie Bradshaw's apartment in the *Sex and the City* movie. She was surprised Rugin didn't shut down the bright blue, but he "pretty much gives me free reign to do whatever I want as long I don't make everything look too busy."

Though she's still working on the house and has no plans to change the space, Kondratuk did a makeover to the narrow kitchen at the back of the house, painting a chalk board along one wall.

"You know when you go into those coffee shops where they have the chalkboard menus and it's just a really cool feeling? That's kind of where I was going with it."

Her style is all about pops of personality throughout the home.

"I find it to be really easy and inspiring and I think it's really unique. It looks a lot different than other people's homes that I've seen. It's just a good reflection of our life."

Kondratuk works for the City of Regina in marketing. Though she's long had a passion for interior design, she didn't consider it a career until recently. She'd eventually like to own a home-decor store in Regina.

QC PHOTOS  
BY TROY PLECE





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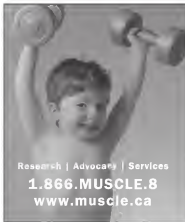
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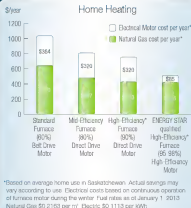
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# INVENTORY

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## # LEGENDS SPORTS MEMORABILIA

Sports lovers should feel right at home in Thel's Hards's store. Legends Sports Memorabilia & Display Co. carries everything a fan would need: Furniture, collectibles, pennants, glassware, cards and more from the NFL, NHL, CFL, MLB & NBA, PGA and NASCAR, just to name a few. Open Tuesday to Saturday at 382 Albert St. N.

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**2. GREEN GOLD:** Saskatchewan Roughriders

gold-plated Leane. \$39

**3. NO KNOWS:** Bo Jackson custom-framed autographed 16x20 poster. \$375.

**4. SHERIFF'S IN TOWN:** Peyton Manning uniform, \$100

**5. JOHNSON'S JOHN HANCOCK:** Magic Johnson autographed jersey. \$500

**6. TROPHY STASH:** Chicago Blackhawks Stanley Cup coin bank. \$45

**QC PHOTOS BY**  
**BRYAN SCHLOSSER**





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## NEXT WEEK: What's your favourite Halloween activity?

Email [QC@leaderpost.com](mailto:QC@leaderpost.com)

### ® PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

## What was the most memorable part of your labour/birthing experience?

"With my first, it's a race up between the on-call doctor trying to force me to have a vaginal birth and the nurse and another doctor discussing why the first gave me a pain for my blood pressure, and the discussion we had about deferring about the random word choice parents give their child after. With my second, it was how quickly it went!" —Ashley Post



"When they put her on my belly and I exclaimed 'IT'S A BABY!' (I'm sure what else I said respecting to her). The next thing I noticed, it's a boy!" —Roberta Knappe

"It was probably hearing my son actually cry. He was over 10 weeks early and there was no guarantee he could breathe or even open his eyes. When he did, we were relieved. I had to wait about three hours to see him and five days to actually hold him." —Raúlinda Dugal Hall

"The things I remember most are: My husband crying, being the last one to actually hold his son, and taking a shower after. When that was the last shower I have now taken!" —Danielle Ford

"Realizing not when I had to (the labour and delivery ward) and they told me I was done and there was no time for an epidural. I was not expecting that." —Morgan Olson Gebhardt

"With my first it was a toss up (between the first push and feeling we would make it as baby was coming fast) and there were road barricades up for the longer City-Scapes all over making that drive seem endless as the nurses to figure it could have an episode! But once we were in the delivery room it felt like it was too late. With my daughter, hands down the moment when she was coming out and only the nurse being there and all of a sudden realizing my son because my daughter was already there. She was so! I had to stop because she didn't do breath deliveries. The next three or four people (who entered the room) and the same thing. There's someone for the (pity) that rolled in like

nothing was happening." —Leanne Williams

"Finally seeing my baby after way too many birthing class attempts. And my husband yelling out YES after being told he had to be. He was convinced we were having a girl so he was a tad excited to find out it was a son, having not expected it." —Tina Durr

"During the birth of my first son, I remember 'shell' (the nurse) the entire experience and last moments about 1 hour before they finally to see about 15 people standing in front of me, watching what was going on. I don't what was happening and was informed that because of a breathing hospital and there were nurses with nothing else to do at the moment, they were to watch the birth. I really much lost my dignity. I had right at that moment!" —Shelly Gendron

"The end." —Julie St.

"The unbelievable amount of pain." —Miki McIntyre

"My labour started to worry before it was supposed to, so nervous to say the entire experience pretty easy! The most memorable moment was seeing my first son come out followed by his brother four minutes later. They were so very tiny but fighters from the get-go!" —Michelle Gradoski

"When I was C-Section and I had a precious little bundle of joy!" —Celia Corcoran

"Did labour went so quickly I don't really remember much other than it being quite chaotic. You would think that by baby number three I would at least have my bags packed and ready!" —Allyson Gremelsholtz

## Debt Problems?



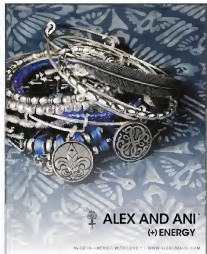
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## EVENTS

## # MUSIC

Wednesday, Oct. 23

**Wednesday Night Folk: Dr. Bird & Bluebird**  
Buschweizer  
2206 Dewdney Ave.

**Jam Night**  
Every Wednesday  
McNally's, 2206 Dewdney Ave.

**Jordan Klassen, Forewarren**  
8 p.m., The Arsenal, 2627 123rd Ave.

**Kalifer McLean**  
The Artful Dodger  
9307 15th Ave.

**Duke J Dublin**  
The Exchange, 2431 8th Ave.

Thursday, Oct. 24

**Dying Fetus, Exhumer, Devourment**  
Abolition  
Rasoul Centre, U of B

**Brad Paisley**  
Bowlin Centre, Everd Place

**The JD Edwards Band**  
Creative City Centre  
1543 Hamilton St.

**Heavy 45, Silvergus and Splain, 8-Cylinder Symphony**  
McNally's, 2206 Dewdney Ave.

**Young Benjamins, John Ambrosik**  
The Artful Dodger  
9307 15th Ave.

**The Young Poets, These Estates**  
German Club, 1727 St. John St.

Friday, Oct. 25

**Kayin Hay, Kristen Babel**  
Creative City Centre  
1543 Hamilton St.

**Big Chili Friday**  
The Lancaster, 4529 Gordon Rd.



Duke J Dublin is playing at The Exchange on Wednesday. (Photo: TTBs Photo)

**The Strints**  
Castro Regina Show Lounge  
1800 Saskatchewan St.

**John Ambrosik**  
O'Hanlon's, 1947 Scotch St.

**A Bookhandulosity**  
McNally's, 2206 Dewdney Ave.  
**Rev Zixag, Black Magic Jazz**  
The Artful Dodger  
9307 15th Ave.

Saturday, Oct. 26

**Tchikovsky's Sixth**  
Regina Symphony Orchestra  
8 p.m., Coxhead Arts Centre  
200 Lakeshore Dr.

**The Stillhouse Poets, Denny**  
Creative City Centre  
1543 Hamilton St.

**Alsohandulosity**  
McNally's, 2206 Dewdney Ave.

**The Bitter, Young Banger**  
McNally's, 2206 Dewdney Ave.

**Woodliss, Langue of One, Mansard**  
The Exchange, 2431 8th Ave.

**David Parnass**  
Castro Regina Show Lounge  
1800 Saskatchewan St.

**Grant Davidson, Slow Lanes**  
The Lancaster, 4529 Gordon Rd.

**Sexus Dominion Nights**  
The Artful Dodger  
9307 15th Ave.

**Random Green**  
8:30 p.m., Smokin' Girls Blues  
Room, 2547 Quince St.

**Glenn Justice, Lyn Middleton**  
Songwriter Sunday  
Creative City Centre  
1543 Hamilton St.

Monday, Oct. 28

**Monday Night Jazz & Blues**  
Uptown Jazz  
Buschweizer  
2206 Dewdney Ave.

**Open Mic Night**  
The Artful Dodger  
9307 15th Ave.

Tuesday, Oct. 29

**Jam night**  
Every Tuesday, 8 p.m.  
Brewery, 2037 Park St.

**Devon Floyd**  
O'Hanlon's, 1947 Scotch St.

## # ART

**David Jewell's**  
Until Oct. 26  
Hague Gallery, Creative City  
Centre, 1543 Hamilton St.

**To The Gardens**  
Victor Gosselin

Sculpture give longevity to  
bricks and vegetables, revealing  
them in a lush, archaic,  
waiting them into twigs  
tables and benches.  
Opening Reception: Oct. 24,  
5-8 p.m. Exhibit runs Oct. 24-  
Nov. 16. Slide Fine Art Gallery,  
2078 Millis St.

**Clint Naufeld: The Chandeliers,  
The Trees, and the Peacock,  
the Greyhound and My Grand-  
mother's China Cabinet**  
This exhibition is comprised  
of five oil-pieces intricately

cut backlit vinyl depicting the  
five named objects, which  
together tell a story of a boy-  
turned-man.

**Artist talk**, Oct. 26, noon.  
Opening reception: Oct. 28, 3-  
6 p.m. Exhibit runs Oct. 28-Jan.  
13. Dunlop Art Gallery, 879,  
Sherwood Village Branch, 621  
Rockdale Blvd.

**First Collective: The Reluctant and the Absence**  
Until Oct. 27  
Dunlop Art Gallery—Central  
Branch, 239-12th Ave.

**Black Museum Stories from  
the RCMP Crime Collections**  
Inspired by Scotland Yard's  
notorious Black Museum of  
British-Crime, explore some of  
the most macabre and chilling  
pieces from the RCMP Historical  
Collections including  
evidence gathered from some of  
the most infamous cases in  
Canadian crime.  
Until Oct. 31. RCMP Heritage  
Centre, 5907 Dewdney Ave.

**Andrew Scudgato: The Ac-**

**quiescence**  
Scudgato's paintings explore  
masculinity and identity  
through essence, the present,  
and usually large-scale figura-  
tive images, falling between  
realism and abstraction.  
Until Nov. 28  
Art Gallery of Regina, Neil  
Saskatchewan Arts Centre,  
2430 Lightstone St.

**U of B Masters of Fine Arts**  
**Generative Exhibition**  
Until Nov. 23. MacKenzie Art  
Gallery 3475 Albert St.

**Greatest Hits: The Juno Years**  
of Canadian Art  
Until Nov. 24. MacKenzie Art  
Gallery 3475 Albert St.

**Creating Our Communities  
Together**  
Until Jan. 5. MacKenzie Art  
Gallery 3475 Albert St.

## What you need to know to plan your week.

### Send events to [QC@leaderpost.com](mailto:QC@leaderpost.com)

#### T: The Professional Native Indian Artists Inc.

UNO Jan. 12, Masked to Art Gallery, 3475 Albert St.

#### The Artists of South Mountain Fine Arts

New exhibitions quarterly. UNO July 24, Regina Centre Crossing, 1021 Albert St.

**ArtistsBots Gallery**  
3268 South St. Open Tuesday to Friday 10 a.m.-5:30 p.m., Saturday 10 a.m.-5 p.m.

**Nouveau Gallery**  
2165 Albert St. Open Tuesday to Saturday 10 a.m.-5 p.m.

#### # COMEDY

**Shin & Lupa**  
Presented by General Fools Oct. 24-26, 6 p.m.  
The Arsenal, 2827 13th Ave.

**Pass the Hat**  
Oct. 20, 9 p.m.  
The Club at The Exchange  
3631 6th Ave.

**Comedy Guild**  
Every Saturday night  
Gibbers, 2038 Dewdney Ave.

#### # THEATRE

**Reinart**  
HICK Theatre  
Oct. 23-26, 8 p.m.  
Oct. 28-Nov. 2, 8 p.m.  
New Dance Horizons House of Dance, 1207 Harvey St.

**Theology Horror Show**  
Do It With Class Oct. 23-27  
Conexus Arts Centre,  
200 Lakeshore Dr.

**Tied Up... A Football Play**  
Oct. 24, 25, 26  
Weekly shows until Dec. 21  
Applesauce Theatre, 1912  
Broad St., lower level

**Lipstick Smears and Marmalade Tears: Memories of a Sinking Ship**  
Shmeltzer Sandbox Series  
Oct. 26-Nov. 2



From left: Adam Smith, D. Mitchell, Nathan Saparito, Morgan Meyer and Brandon Woods star in *The Radio Hysteria Show* by Do It With Class. Young People's Theatre. QCPhoto.com/Dan HALL

**Golden Theatre, 1807 South St.**

**Full Circle-Joe Calabrese**  
Regina Little Theatre  
Oct. 25-26  
Regina Performing Arts Centre,  
1077 Angus St.

#### # SPECIAL EVENTS

**2014 Elita Muir's and**  
**Westerners Canadian Raising**  
**Championships**  
Oct. 25-26  
Omni Centre, 4400 4th Ave.

**Volunteer Fair**  
Oct. 23, 10 a.m.-2 p.m.  
Research and Innovation Centre  
The Armoury, 1 of it  
**Regina Parks vs. Prince Albert**  
Oct. 23, 7 p.m.  
11 South Centre, Elvira Place

**The Shook House Haunted**  
**Mansions and Glow House**  
Nightly Oct. 23-31 (except  
Oct. 27), 7-11 p.m.  
4520 Albert St. S. (Old Canadian  
The Building, same building  
as Halloween Alley)

**Mat's The Chorus Regiea 2013**  
—"Ultimate Tuff Suite Party"  
Oct. 24, 8-10 p.m.  
Centre-Regina Show Lounge  
1660 Saskatchewan Dr.

**Book launch**  
Belling Point and Cold Cases:  
More Sask Crime Stories by  
Mark Richlin with June G.  
Pruden Oct. 24, 7-9 p.m.  
Western Place Theatre Room,  
2900 Westman Dr.

**Juvenile Delinquency Research**  
**Foundation (JDJR) Ride for**  
**Obitaries**  
2013 local CEOs dressed in  
Halloween costumes riding  
stationary bikes  
Oct. 25, noon-1 p.m.  
Hivd Nations University of  
Canada (glass atrium terrace)

**30th House 35th Anniversary**  
Gala 4th of October  
Featuring *Flare of Love II*  
or *U&I II*  
Oct. 26, 6-10 p.m.  
Conexus Arts Centre, 200  
Lakeshore Dr.

**A Mid Autumn Night's Dream**  
Gala art auction supporting  
McKenzie Art Gallery and  
Sask Sports Hall of Fame.  
Nov. 1, 7-10 p.m.  
Gordon and Gosses, Athletes,  
or cocktail attire  
Oct. 25, 6-10 p.m.  
Blackburn Art Gallery, 3475  
Albert St.

**Woman's hockey**  
to 11 vs. Mount Royal  
Oct. 25, 7 p.m.  
The Coop Centre, Elvira Place

**Regina Parks vs. Edmonton**  
Oct. 23, 7 p.m.  
Broad Centre, Elvira Place

**Flax market**  
Oct. 24, 9-10 a.m.-10 p.m.  
Knox-McFarland United  
Church, 2840 Victoria Ave.

**Regina Women's & Spicers**  
**Gold Annual Fibre Art Sale**  
Oct. 26, 10 a.m.-5 p.m.  
Oct. 27, 10 a.m.-5 p.m.  
Regina Senior Citizens Centre  
2404 Elphinstone St.

**U of R Remo vs. U of S Huskies**  
Saturday, Oct. 26, 1 p.m.  
Mosaic Stadium

**Strange and Unexpected**  
Oct. 26, 2-3:30 p.m.  
Explores twisted tales with  
wild plots, quirky characters  
and surprise endings that  
will make you shiver and grin.  
Central Library, 2261 12th Ave.

**Woman's hockey**  
U of R vs. Mount Royal  
Oct. 26, 3 p.m.  
The Coop Centre, Elvira Place

**Crime Night**  
Hospitals of Regina Foundation  
Fundraising dinner  
Oct. 24, 6-10 p.m.  
Conexus Arts Centre,  
200 Lakeshore Dr.

**All Hallow's Eve Regnant**  
Oct. 23, 10 a.m.  
Dennis Plaza  
1818 Victoria Ave.

**Halloween, Masks and**  
**Halloween**  
Halloween event featuring  
crafts, costumes, a lot of hor-

ror, thrills and more.  
Oct. 27, noon-4 p.m.  
PCMP Heritage Centre,  
2920 Dewdney Ave.

#### The Startup Kids

*Scramble of The Startup Kids*, a documentary about young  
web entrepreneurs from  
across the world, networking  
and discussion to follow.  
Oct. 29, 6 p.m.  
U of R — The Rotunda, Innovation  
Centre, 10-1100 South St.

#### # NEW MOVIES

##### The Counselor

A lawyer (Michael Fassbender)  
who gets involved in drug  
trafficking soon finds himself  
in over his head directed by  
John Dahl.

##### Jackass Presents: Bad

*Comedy*  
Kevin James (Johnny Knoxville),  
is, in a journey across  
America with his eight-year-old  
grandson Billy (Jackson  
Nichols). Along the way, the  
two encounter male strippers,  
disgraced child beauty page-  
ant contestants, funeral home  
employees, killer bee padrone  
and a whole lot of unrecogniz-  
able citizens. Real people in un-  
recognizable situations, making for one  
really irreverent comedy.

##### Galaxy Cinema

420 McDougall Blvd. N.  
306-122-1108

##### Cinemas Odeon

Southland Mall Cinema  
3521 Davidson St. 306-185-  
3363

##### Regina Public Library Theatre

231 12th Ave. 306-777-6104

##### Kramer Inn

2920 Powerhouse Dr.  
306-222-6629

##### Edwin Cinema

Golden Mile Shopping Centre  
400 Albert St. 306-256-1250

## CITY NEWS

# GRANDMOTHERS 4 GRANDMOTHERS

## Scrabble event to raise money for charity

By Andrew Matto

Known for his wide vocabulary and earned reputation as a master of the English language, an upcoming Scrabble tournament is held a fundraiser for one tribute to HIV/AIDS crusader Stephen Lewis.

Scrabble for Africa, a fund-raiser organized by Grandmothers 4 Grandmothers Region, a group that raises money and awareness for grandmothers in Africa who find themselves raising grandchildren many of whom with parents who've been stricken with HIV/AIDS.

The event will be Region's sixth in support of the Stephen Lewis Foundation, which works with organizations committed to preventing HIV/AIDS in Africa.

It's being held on Oct. 27 at 3 p.m. at the AB Family Aquatics French Hall, 170 Mainway Rd., and was scheduled after a similar event in 8th month. The local Grandmothers 4 Grandmothers group came up with the idea for the word-making game to pay tribute to Lewis, known far for his reputation as a public speaker and broad vocabulary.

"It's a great idea because you sometimes need a dictionary to understand what he is saying," said Sheila Robinson of Grandmothers 4 Grandmothers Region.

While the mandate of the event is to raise money and awareness for the cause, the afternoon isn't exactly meant to rule as the city's best Scrabble players and Robinson, adding the credo for the afternoon. "We're not looking for great Scrabble players. We're looking for great people to play Scrabble."

"We're trying not to use the word 'tournament' because that at least sounds boring. But, however, we know that some people tend to take competition seriously."

Players are asked to register on the group's website at [www.grandmothers4grandmothers.org](http://www.grandmothers4grandmothers.org).



Sheila Robinson (left) and Leahy Martin play a game of Scrabble. Robinson and Leahy are part of the Leachy Four team playing in a charity tournament. CP PHOTO BY JOHN HILG

# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# SHAE THERRIEN

## Interrupted With Bipolar

I am sitting here wondering how I should start to introduce myself to the book readers of this book.

It's a little funny to try to read this afternoon as I had a treatment this morning. An ECT (electroconvulsive therapy) treatment always helps to keep me on the straight and narrow when I am mad.

I last count at 150, but I simply appreciate all the second chances the treatments have allowed me to have. This book has also given me a second chance to talk away at something like a comfortable relationship between me and my mental health that can end my treatment today the day in front of me with peace in my soul.

So my one wish is for you to break the book down and give it a read.

I don't just want to ask you to read my book by saying something like: Everyone can relate to my own times — emotions like peace, joy or how about a comforting sense of something a part of each self that can be perceived by that individual and others in a personal that I could also say: Everyone has their own moments of what goes and someone to have it relate to their own personal life and how the relation of suffering with pain and sorrow, and does affect their everyday choices after the sun comes up in the morning.

So I don't just want to ask you easily to read my book. I want to ask you with some enthusiasm, along with a side-dish of a possible risk of some interpretation of this story in my life, to

read my book. I want to ask you with intention — intention to clear up some of the misrepresentation you may or may not already have about mental health. Or in my case, mental illness. A mental illness that has left me in the state of being ill on more than one occasion — actually eight or nine occasions since it made its first appearance in my life during the latter part of 1988. This illness does have a name and it is called bipolar depression. I think you're going to enjoy this book, simply because you have the ability to read this article.

This book is a simple read that offers some humour along with my desperate for relief from myself experience with the downside of my mental state of being ill. Enjoy.

I am still learning that it is a full-time job trying to contain myself on a daily basis that I do not have to be something I am not. With that being said, I need to believe in something that I am, when my illness takes me through and starts to shape my identity. When that happens, I have to accept myself for what I am for the time being — someone who is stuck in the state of being ill.

I'm not just asking you nicely to read my book. I am asking you to pick it up and read it because you can relate to it — you're a human.

Interrupted with Bipolar (2013) is available from DiverseWorks Ink publishing in Regina (armadilloworks.com or phone 306-540-0380) and select bookstores.



**TAKE SOME TIME  
FOR YOU  
AND GET THE  
WHOLE STORY.**

(OR AS SOME LIKE TO CALL IT: THE "WINE TIME" EDITION)



**OCTOBER 26<sup>TH</sup> AT 2 PM**

**MUTCHMOR LODGE  
HARVEST TEA AND BAKE SALE - 2-3:30pm**

Please join us for Tea!  
We will be serving First Baptist Church  
chicken, coffee and lots of a variety of the deer  
treatments are FREE.  
Bake Sale starts open at 2pm

We need your support and helping!!  
All proceeds will benefit the Recreation Program at Mutchmor Lodge.  
We will be proud to improve quality of life through outdoor recreation.  
Please bring book donations on October 25<sup>th</sup>  
to the Administration office of Mutchmor Lodge United  
Church Housing at 333 Calgary Cres.



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# OUTSIDE THE LINES

## # Colouring contest

Each week artist Stephanie McKay creates a timely drawing to be meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to [qc@leaderpost.com](mailto:qc@leaderpost.com) by 9 a.m. Wednesday.

One winner will be chosen each week.

Please send **high-resolution pictures** and include the child's name and contact information.



Last week's QC colouring contest winner was **Hayley Mihail**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



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## # CROSSWORD

## NEW YORK TIMES Edited by Will Shortz

## ACROSS

- 1 Highly intelligent  
7 He/she/she/it  
11 Aish  
14 Broken accelerator  
15 Mound of earth  
16 Wet/dry  
17 Apathy  
18 Close their eyes  
19 Second-highest  
20 Best at... (clue)  
21 Not showing much life  
22 German proverb  
23 Transcription, i.e.  
27 Williams (male)  
28 41 for Ag  
29 Pick up on the  
30 Vase surface  
31 Jaccus... (preparing)  
32 Vase  
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PUZZLE BY WILL SHORTZ

# JANBIC  
CLASSIC  
SUDOKU

## Level: Simple

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle.

The difficulty level ranges from (easiest) to (hardest).



Solution to the crossword puzzle and the Sudoku can be found on Page 28.

## Attention Literacy Coordinators!

Answer a Reader Reading application



## Application

Deadline:

October 21, 2013

We invite your organization to apply for funding from the 2013 Reader-Post and The StarPhoenix Reader-Post. The Reader-Post program raises funds and awareness in support of family and children's literacy programs in Saskatchewan.

Reader-Post funds raised at numerous events throughout the year are now available to support the important work you do: helping parents and children develop strong literacy skills.

Funding application forms are now available on the Saskatchewan Literacy Network website.

(Click on the Reader-Post logo for forms & information)  
[www.sk.literacy.ca](http://www.sk.literacy.ca)

For more information please contact  
Saskatchewan Literacy Network  
Phone (306)-764-1854 or 1-888-511-2111  
Email [marilyn.slaeske@sk.literacy.ca](mailto:marilyn.slaeske@sk.literacy.ca)



LEADER-POST  
The StarPhoenix

# ON THE SCENE

Send your CFL fan photos to  
[QC@leaderpost.com](mailto:QC@leaderpost.com) for a  
Grey Cup-themed photo page!

## REGINA WINE & SPIRITS GALA



# ON THE SCENE

View more On the Scene photos  
at [Facebook.com/QCRegina](http://Facebook.com/QCRegina).

## # REGINA WINE & SPIRITS GALA



Regimens sampled, then sampled, then sampled some more at the Regina Wine & Spirits Gala last week. On Oct. 11 and 12 at the Conexus Arts Centre, 750 guests tasted 60 different types of wine, liquors and food to boot. Fine wine was paired with each finer cuisine by Conexus Arts Centre executive chef Leo Pantel. A head squarer "Rocky Road" was sponsored by Trivis Monocraft. Creativity by Le Macaron was inspired and consumed in the Desserts and (Dinner) area, sponsored by Hiltop. 6. Desk: At a booze-fueled event, you might not expect Sask-Milk to have a place, but what goes perfectly with wine? Cheese?

The extravaganza supported a good cause: the event was a fundraiser for Breast Cancer Action Saskatchewan. Total money raised was unavailable at press time. QC was On the Scene Thursday night.

1. Anthony Gagliardi serves Ian Bailey
2. Ministry Laine and Anita Pascale
3. Brian and Roy Kent
4. Lane Lindsay and Wendy Blackford
5. Doug and Shanna McKee
6. Tina Dunlop (right) serves Jill Hoffman
7. Charlene Sim and Joelle Prochovsky

QC PHOTOS BY DON HEALY



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**Regina NE:** 544-5444

**Local call in SE:** 210-5444

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# WINE WORLD

# YELLOWGLEN PINK SPARKLING WINE

## Toast autumn with crowd-pleasing bubbly

By James Romanow

I have thought long and hard on ways to improve Saskatchewan and I think I finally have the answer. We need to drink more toast. Specifically we need to celebrate our events by opening a bottle of inexpensive sparkling wine and lifting a glass to say, uh, I don't know, the colour of the leaves on the trees.

It is very difficult to be unhappy with a glass of sparkling wine on your next Xmas, Xmas losses because headache. It is also very difficult to maintain your Saskatchewan Local 2 privileges. I mean the staff is actually bubbly! And we serious wine drinkers are money things, but we are serious bubbly.

But there is another reason to drink the stuff. In addition to just lifting your spirits, sparkling wine is probably the most versatile

food wine on the world. It goes with everything. It has enough acidity to work with pretty much all foods. The residual touch of sweetness mixes with all sorts of cuisines. And did I mention how glorious a drink it was?

Also, it is 100% expensive. Sparkling wine is always an excellent idea but if you prefer the taste of French blends (great here and elsewhere) my priority, buy Australian.

Yellowglen is a winery that specializes in sparkling wine, producing everything from bone dry vintage champagne toasts to crowd pleasing everyday bubbly. All of it is worth drinking and all of it is extraordinarily well made, including the cheap stuff. So improve your life and the province today. Buy a bottle of Pink on your way home tonight and write me if you think I lie.

Ladies and gentlemen, this deserves a toast. To autumn?



Yellowglen Pink Sparkling Wine, Australia, NV 2013 \*\*\*

More wine in Monday's paper and on Twitter @jbrnsw

## Crossword/Sudoku answers

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
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51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

7	4	5	9	8	6	1	3	2
3	6	2	7	4	1	5	8	9
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9	8	4	6	7	2	3	1	5
5	2	6	8	1	3	9	7	4
4	3	1	5	2	7	8	9	6
6	5	7	1	9	8	2	4	3
2	9	8	3	6	4	7	5	1

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# SHARP EATS



See a food trend you think deserves a highlight? Email [QC@leaderpost.com](mailto:QC@leaderpost.com) or Tweet us @QCRegina

## # GOLD MEDAL PLATES

# The best in food, wine, arts and athletics

By Jenn Sharp

The city's best chefs, pitted against one another in the ultimate culinary showdown, each prepares an original gourmet dish for 500 people and a little of notorious judges who will decide their fate. The pressure is enough to make mere mortals feel faint.

Gold Medal Plates (GMP) is an annual, Canada-wide celebration of food, wine, the arts and athletics achievement. It raises money for Canada's Olympic Foundation to support high-performance programs like the Paralympics. Since the first events were held in 2003, over \$7 million has been raised.

A chef at each event in 10 cities brings home a gold plate signifying his or her supremacy and acorns to the Canadian Culinary Champions stage held in Kelowna, B.C. on Feb. 7 and 8, 2014. Silver and bronze are also awarded. Eight chefs will compete in Regina on Nov. 1 and 16 in Saskatoon a week later on Nov. 5.

Most chefs, three under pressure or they wouldn't be in the business. It's something they live as a daily basis, whether it's in a restaurant or a private catering company. The demands of preparing multi-course meals to exacting standards is a fact of life. Steaming expeditors, creating food budgets, managing kitchen staff, educating servers — it's all part of the job description.

Mary Lyle Regina's Gilles Gobin, owner and pastry chef at Le Miroir, says he'll sit at the table and try to be a fan on the big night. And a sous-chef. There's a pastry chef in the competition?

In past years, Gobin has supplied the dessert for Saskatoon's GMP events, but this is the first year he's been invited to compete.

"I'm keeping an element of surprise to myself," he says with a smile. "There's some great chefs out there — but I'm hoping that my creativity and uniqueness will show through in the dish."



Regina's Gilles Gobin is a pastry chef and the owner of Le Miroir, is preparing a toast on a classical French dish for his Gold Medal Plates entry. He says he'll be incorporating unexpected elements into his dish. "I'm putting my personality in the dish." **QC PHOTO BY DON HALEY**

The former *Wastneger* is a trained chef, but hasn't shown that side yet in Regina where he's worked in pastry for years. In fact, his pastry training will have a role apart from the textures in the dish. Pastry is a skill most not noted for everyone, it requires more chemistry.

"That's why chefs don't like it. When things don't turn out, they can modify to correct it. It doesn't work

the same way with pastry."

Pastry has a sensual element too, who doesn't love a beautiful dessert?

With a strong background in presentation and elegance, gained from 10 years spent at the Hotel Saskatchewan, Gobin feels ready for GMP's variable pressure cooker environment. He's also a second-generation restaurateur. "It's honestly what

I've grown up with."

GMP has become a showcase for better chefs. The local food movement has hit Saskatchewan strong, farmers' markets in both Regina and Saskatoon are more popular than ever and restaurants are increasingly incorporating locally sourced food into the menu. GMP is the perfect way to showcase Saskatchewan's best cuisine at a national level.

Olympic athletes, many of whom will compete in Saskatoon in 2014, will be at both events along with a perk: access by Blue Ribbon's Jim Cuddy. Apart from sampling all of the competing dishes and accompanying wines, guests will have the chance to bid on exclusive trips.

For more information and to purchase tickets, visit [www.goldmedalplates.ca](http://www.goldmedalplates.ca).

## GOLD MEDAL PLATES

### Regina Nov. 1 Competing Chefs

- GILLES GOBIN: Le Miroir
- LEO PANTU: Caruso's Art & Music
- RICARDO RODRIGUEZ: The Artful Dodge Cafe & Music Emporium
- DAVID STRAU: Rip Rapery & Diner
- ARNATHAN THUNDERER: Crave Alchemy • Wine Bar
- LAURIE WALK: Velours Executive Catering
- MARTIN SAGNI: The Oven in Culinary Arts
- BOB HARRISON: Hudson's Gaming

### Saskatoon Nov. 5 Competing Chefs

- ROBIN ANDREAS: American Cuisine Hotel
- KEVIN DAHLSTADT: Two By One
- MIKE LIANG: Western Concessions
- MIKE MATHEWS: White Rose Catering
- ANTHONY MCARDY: The Saskatoon Club
- MIKE MCGRIMMON: Private Harvest Cafe
- RUSSET PIANO: Dukes & Dukes Cakes
- SIMON REYNOLDS: Strain's Fine Foods
- TREVOR ROBERTSON: Radiation Hotel
- KEVIN TYTE: Executive Chef

# ASK ELLIE

# It's time for The Talk with non-supportive partner

**Q:** I've had some tough times in the last three years and felt no support from my live-in partner. My dad got very sick and I had to be at the hospital a lot, but my boyfriend never came with me or sat one after my visits at a restaurant or hospital to cheer me up.

I also got laid-off and had to scramble to re-analyze my place, which is where he's hanging in with the pays bills, but not the mortgage).

It took some time to find contract work, but he never offered to pay for more while I was unemployed, which he could easily have offered.

I don't feel this is something I should overdo.

**A:** He's let you down — emotionally and financially. He's maybe by nature a cold person, which you would've known before this, but now you feel the distancing effects personally.

OK, he has a different view of what a relationship means, from yours.

You need The Talk — in his case with you, or not, in this relationship? Be-

## Ask Ellie



fore he answers, state that you want, and presumably are yourself, a committed, nourishing partner.

Be wary of say "insecure" he offers for his lack of support, if they're all about him — it means he's basically self-absorbed, and will let you down again.

**Q:** My best friend says I'm taking my girlfriend for the granted and that I'll lose her that way, which I don't want. I don't know if that's true — she's a very young woman, and always wants to do things for me, so I let her.

Besides parking a lunch for me every morning, she picks up my laundry starts after work, spends

evenings when I'm busy re-organizing my files or cleaning out my work space, and she even takes my car in to be fixed.

She says she's happy to do all this and I'm sure she's happy, so why should I think this is a problem? As if you didn't actually "love" her for all these tasks, you're exploiting her "giving" nature.

By taking advantage — instead of gestating that she needs to be your keeper — you've become codependent — you so Sara Inocent. Use her as Super Pleaser. It's NOT healthy — unless you're providing equal giving to her.

Note: Sex and money as sole partner contributions don't count. Sex as for mutual satisfaction and money/gifts are meant as shared benefits in a relationship.

Think about what defines her as a girlfriend, when you want to stay in your life. Then give her equality, respect, and love for herself.

**Q:** I'm wondering about my relation-

ship of seven years. We seem to be totally dependent on one another. If I'm moody, he gets moody too. If I want to work, he must work with me. We never go out with our old friends, just stick together. We watch a lot of TV at night.

I feel like I'm isolated from every thing else — my old friends, things going on in them, etc.

**A:** Co-dependent dependency on one another limits each of your lives. Both of you need your own friends, interests, times and sense of privacy.

Isolation is also neither safe nor wise. You need outside contact. Get back in touch with people. Your partner can see them with you sometimes, but you need time alone of their own or communicating with others.

If we don't have enough, join a walking group, workshop, a course on some interest, or volunteer and start making even one or two friends.

**Q:** My parents have been married

for 30 years. They love each other deeply, get better constantly. Some times my mom gets fed up and says "Stop!" in a harsh voice, and then she shuts down for a while.

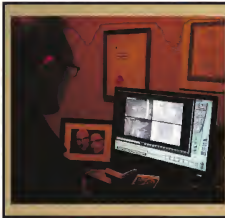
Dad just laughs and keeps teasing her. He doesn't get how annoyed she really is. They weren't perfect parents but they are good, decent people.

**A:** Enduring a natural part of getting older and being together so long?

**A:** Enduring — constant nurturing and outpacing — does seem to be as every detail communication for people when they're irritable and tired, which happens more with aging.

But there has to be boundaries on the time and persistence of petty argumentative chiding, as one person's suffering can become bullying.

Explosions really that it's time to be around "The Bickersons." They want your company and interest in them, so that could be an incentive to try to do it less.



**Next week in**  
**QC**  
**Ghosthunter**  
**Miles Vangel**  
**takes us into the**  
**paranormal world**

# THE LEADER-POST proudly presents...

## The Baby Block! the Babies of 2013!



James Smith Jr.  
January 5, 2013  
1 Bro. 1 Bro. 30" long

Grandparents are Bob and Mary Smith



**SINGLE SPOT**  
Early Bird Price  
~~\$37.00~~  
After Early Bird  
~~\$42.00~~

### EARLYBIRD DEADLINE:

Monday  
November 18, 2013  
Final Deadline  
Thursday  
November 21, 2013

**DOUBLE SPOT**  
Early Bird Price  
~~\$49.35~~  
After Early Bird  
~~\$54.80~~



Grandparents are Bob and Mary Smith

### TRACY JOHNSON

Born  
December 22, 2011  
7 lbs 3 oz.  
19" long

Grandparents are  
Bill and Susan Johnson



### EMILY ZIMMERMAN

Born  
January 2, 2013  
7 lbs. 3 oz. 19" long

Grandparents are  
Michael & Susan Zimmerman

Grandparents are  
Robert & Kim Smith  
and Fred & Abby White

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A Leader-Post annual tradition featuring photos from during the past year will be published on Tuesday, December 31, 2013. This feature will also be posted online at LeaderPost.com for all your family and friends to view.

Like this is our chance to be a favorite of our readers and a great keepsake. You can be one of the proud parents or grandparents to feature the newest member of your family.

Complete the attached form, include a clear picture of your baby and preparation of your announcement for

### BABIES OF 2013

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\*\*All prices include applicable taxes.

Final Booking Deadline: Thursday, December 5, 2013

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If you would like us to use your photo block, please print name and address on back.

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Front Page \_\_\_\_\_ Inside Full Color \_\_\_\_\_  
Double Spot \_\_\_\_\_ Single Spot \_\_\_\_\_  
Framed Announcement \_\_\_\_\_ Lamination: Blue \_\_\_\_\_ Pink \_\_\_\_\_

(Please specify how many!)

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Date of Birth \_\_\_\_\_ Weight \_\_\_\_\_ Length \_\_\_\_\_  
Click one for your choice of placement:  
Proud Parents are \_\_\_\_\_ Son of \_\_\_\_\_ Daughter of \_\_\_\_\_

Or specify alternate wording: - "Grandson of Bill and Jean Smith"

If you choose the Front Page, Inside Full Color or Double Spot option please include any additional write up about your baby that you would like included in the announcement

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Single Spot: 100 words  
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### 70" LED HD Internet TV (550 Series)

- 100W
- Built-in Wi-Fi
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- Edge LED backlight
- The 1st 50" with 4 pairs of passive glasses



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- 2.1 channel
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47"

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## SONY

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## SONY

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- Surround Sound
- Built-in Wi-Fi
- Smartphone ready
- 4 pairs of passive glasses



Model W9002

Sale **\$579**

## SONY

### LED HDTV (650 Series)

- 100W
- 1080p
- Smartphone ready
- 1080p input
- 300 inputs



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